

# Managing Hydroxocobalamin - Vit B12 deficiency during Covid-19

March 2020



**Apart from individuals with Pernicious Anaemia or for those individuals currently receiving a loading dose of Vitamin B12 any routine Vitamin B12 injections due in the next 3 month period should be deferred until the next due date unless patients report symptoms of B12 deficiency.**

**During the hiatus individuals should be given dietary advice about foods that are a good source of vitamin B12 e.g. eggs, milk and other dairy products, meat, salmon, cod and foods such as breakfast cereal or bread which have been fortified with vitamin B12.**

**Given that cyanocobalamin tablets are poorly absorbed they should not be used as a substitute for the intramuscular injection.**

**Cyanocobalamin tablets remain BLACK traffic light and should NOT be prescribed.**

For further information, please contact the Medicines Management Teams on  
01282 644801 (EL CCG) or 01254 282087 (BwD CCG)